

"EGO-DEATH AT WILL" BY JOSEPH D. SMITH



MIND AND BODY WERE CALM, TO START AT-LEAST. I AM USUALLY TOO STRESSED AND HYPER TO EVEN CALM DOWN TO MEDITATE. I HAVE ASPERGER'S SYNDROME, A FORM OF AUTISM, SO IT'S ALMOST LIKE ADHD. BUT THIS ONE DAY I TOOK A VERY DEEP BREATHE, I LET MY THOUGHTS GO WITH MY EXHALE, AND THE SETTING WAS CALM AND QUIET.

BUT THEN I FOCUSED ON EGO-DEATH, AS I'VE ALWAYS WANTED TO EXPERIENCE IT, THIS WAS THE WHOLE PURPOSE OF THE MEDITATION. I STARTED TO FEEL MY SOUL RIPPING APART, I WAS FEELING A LITTLE UNEASY, YET I KNEW I HAD TO KEEP FOCUSING. THE RIPPING OF MY SOUL WAS BECOMING MORE AND MORE INTENSE!

THEN COMES THE REALIZATION; EGO-DEATH IS A SINGLE, PROJECTED-POINT OF FOCUS, WHERE YOU JUST FOCUS ON "WHAT IS", AND YOU DON'T EVEN REFER TO YOURSELF! YOU HAVE NO SENSE OF SELF. THERE ISN'T A WAY OF SAYING "I" WITHOUT SAYING "I", OTHER THAN NEVER TALKING ABOUT YOURSELF. YOU DON'T EVEN RELATE TO YOURSELF, YOU WILL CHANGE THE FOCUS BACK TO YOUR ENVIRONMENT IF ANYONE TRIES TO REFER TO YOU. YOU AVOID TALKING ABOUT YOURSELF.

I HAVE FOUND THE WAY TO EXPERIENCE EGO-DEATH AT WILL! YOU MUST IMAGINE THAT YOUR SOUL IS LITERALLY RIPPING-APART, UNTIL

YOU NO LONGER FEEL THE TEARING. YOU MUST CONTINUE, UNTIL YOU NO LONGER FEEL THE FORCE OF YOUR SOUL TEARING APART.